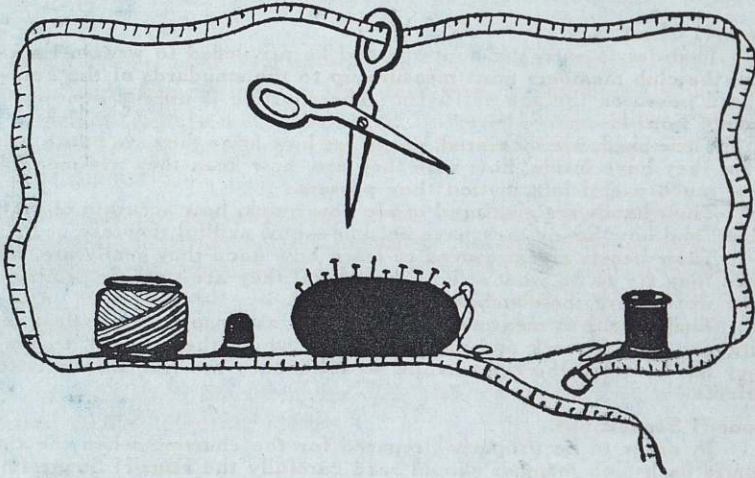


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PLAIN SEWING



First Year Project for Four-H Club Girls

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BOYS AND GIRLS FOUR-H CLUB WORK

Purpose

The Extension Service is trying to help bring about an efficient agriculture, an adequate food and clothing supply, an enriched country life, and an alert, satisfied, progressive rural people. To this end boys' and girls' club work has been organized throughout the United States with more than half a million members.

The Four-H's

The West Virginia program for reaching the foregoing objective puts special emphasis on developing the boys and girls, themselves, so that their **Heads** will think clearly, their **Hands** be useful and skillful, their **Hearts** be true and kind, and their **Health** sound through right living.

Four-H Chart

In order to earn the Four-H's and be privileged to wear a Four-H pin, the club members must measure up to the standards of the Four-H Chart, based on the age of 15-16. The charting is usually done at the county Four-H camp where:

Their heads are measured, not to see how large they are but to learn what they have inside, how wise they are, how keen they are mentally, how much useful information they possess.

Their hands are measured to see how quick, how accurate of movement, and how handy they have become—how skillful they are of hand.

Their hearts are measured to learn how good they really are, how hard they try to do what's right, how loyal they are to their principles, how worthy are their ambitions.

Their health is measured to see if they are in proper physical condition to do the work and enjoy the play which they should, to see if they have formed the right habits, to see if they are free from physical defects.

Four-H Suggestions

In order to be properly prepared for the charting when the time comes each club member should read carefully the Four-H Suggestions each month as soon as received. It will be found that good school work, happy home life, home chores well done, cooperation in the Sunday school and young peoples' society, helping in all club meetings, camp fires, vesper services, fairs, dramatics, games, and many other joyful and educative activities all mean something in the growth of the boy or girl toward the Four-H standards and are, therefore, recognized as parts of the Four-H development program.

Projects

An outstanding characteristic of club work is that each member conducts a substantial piece of work, designed both to develop his own abilities and to show some better practice on the farm or in the home or community; keeps a record of results; explains the work to others; and makes a final report on the work. The different lines of work approved by leaders as suitable for club members to undertake are intended to meet definite farm, home, or community needs. Club work is often an important part of the "follow-up" in the various communities and may help to raise the community score on several pages of the score card. The club member thus properly feels that he or she is doing a worth while, needed piece of work and that his or her efforts are of importance. More than a score of these substantial pieces of work have been carefully outlined by the different specialists in Project Circulars of which this is one.

REQUIREMENTS FOR THE PLAIN SEWING PROJECT

1.—Any girl between ten and twenty years of age may become a member of a Four-H club and select Plain Sewing as her project, if she agrees to meet the requirements of this project circular.

2.—She shall secure the material and do the cutting and sewing herself. She may ask for suggestions and instructions from her mother, her home demonstration agent, her club leader, or older club members, but the actual work must be done by the club member herself.

3.—She shall keep on the record blanks of this circular the amount of time spent, and the materials used. These records, to be of most value, must be kept from day to day as the work is done.

4.—Each member shall make an exhibit of her work under this project, together with her illustrated booklet, this project circular, and her progress report.

5.—The project—the sewing—is only a part of a girl's club work. In addition to doing her sewing she shall take part in the activities of her club, try to attend the county and state camps to which she is invited, and to do as many as possible of the things suggested for the development of her head, hand, heart, and health.

6.—The club girl is really a part of her exhibit at the county or state fair. Unless she has improved herself mentally, morally, socially, and physically since becoming a club member and while learning to sew, she is not getting the full benefit of club work. In making awards at county and state fairs, the girl who has improved herself in a four-fold way is given preference over the girl who has not.

7.—In addition to the foregoing, the standing of the club member will be determined on the following basis:

(a) Exhibit:	Points
(A) Hemmed towel	10
(B) Handy bag or laundry bag	15
(C) Stocking darn	5
(D) Night gown	15
(E) Apron	15
	60
(b) Project circular	20
(c) Illustrated booklet	10
(d) Progress report	10
	100
<i>Total</i>	100

THE FOUR-H PLEDGE

Date.....19

I PLEDGE:

To study carefully the Four-H Suggestions each month and to write out on a sheet of paper and give to my club secretary the statements asked for on the back page of each issue.

To do as many as possible of the things suggested for the development of my "Head," "Hands," "Heart," and "Health," including the completion of this project.

Name

County.....

Age.....R. F. D.....Box.....P. O.....

GENERAL INSTRUCTIONS FOR PLAIN SEWING

- 1.—Sit erect with the feet resting squarely on the floor.
- 2.—Hold the work up and let the light fall over the left shoulder.
- 3.—Use a thread a little over half a yard long. Measure from the thumb to the elbow.
- 4.—Thread the needle before the thread is broken off, or from the end that hangs loose from the spool. If this is done the thread will not knot so easily.
- 5.—Use knots only where they will be hidden or where the thread is to be removed as in basting. Form a loop by winding the thread once around the forefinger. Roll the end tightly between the thumb and forefinger. Slip nearly off the forefinger. With the nail of middle finger draw the loop downward into small knot.
- 6.—Start a seam by making one or two back stitches. At the end of the seam fasten the thread by taking three tiny stitches one over the other on the wrong side; then cut the thread close to the sewing.
- 7.—Use a thimble that fits the middle finger of the right hand comfortably.
- 8.—Keep the hands clean and free from perspiration; talc powder may be used.
- 9.—Never bite the thread. To do so may injure the enamel of the teeth, soil the work and spread disease germs.
- 10.—Make a measure (called a gauge) of cardboard, on which a notch may be cut as far from the end of the cardboard as the desired width of the tuck or hem. Use this to measure tucks and hems.
- 11.—Always remove all basting threads after the garment is finished, and press the garment well.
- 12.—In machine sewing, allow threads long enough to tie, or turn the material and stitch back a few stitches. Pull the thread through to the wrong side and tie.

SUMMARY OF PLAIN SEWING PROJECT

Garments Made	Estimated Value	Cost of Material Used	Total Hours Labor
A. Hemmed Towel			
B. Handy, or Laundry Bag			
C. Stocking Darn			
D. Night Gown			
E. Apron			
Totals			

Returns for Labor per hour \$

NOTE TO LEADER:—

Obtain some standard catalog and have club members find the price of similar garments. Use this in the column headed "Estimated Value." To obtain returns for labor per hour, subtract the total cost of material used from total estimated value, and divide by total hours labor.

(A) . HEMMED TOWEL

(This may be either a hand towel or a tea towel).

EQUIPMENT:

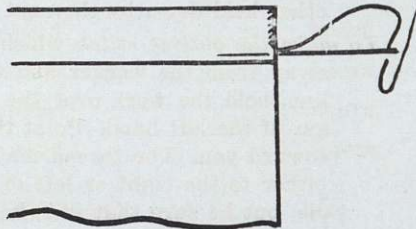
Cotton or linen material 36 inches long. Scissors, thimble, tape line, needle No. 7, spool white cotton thread No. 50, or No. 60, depending on the weight of the material chosen. The thread used should be of about the same size as the threads in the material.

PROBLEM I.—To Select Material Suitable for the Kind of Towel You Want.

Study samples of linen or cotton crash, huckaback, damask, sugar sack, and feed sack.

PROBLEM II.—To Make the Towel.

- 1.—Measure the material one yard in length.
- 2.—Draw threads to even ends.
- 3.—Cut along the line of drawn threads.
- 4.—Make a one-fourth inch turn and then a one-half inch turn for the hem.
- 5.—Pin, placing pins at right angles to edge of material.

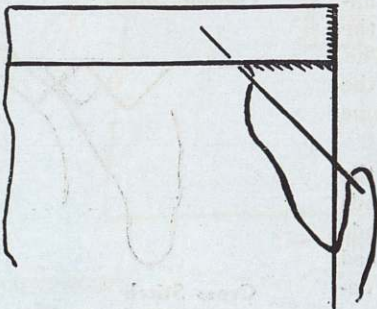


Overhanding End of Hem

- 6.—Baste, using even basting stitch. Start with a knot at the upper or right hand side of the work. Bring the needle up through the material, taking a straight stitch the exact length each succeeding stitch is to be. Take a stitch on the under side the same length as the stitch on the right side making the stitches the same length on both sides of the material.
- 7.—Tuck the thread in the fold of the hem and fasten the edge with tiny overhand stitches (see page 15 for special directions). Then start to hem using the hemming stitch.

To make the hemming stitch, work the stitch from right to left on the edge of the folded hem. Hold the work across the first finger of the

left hand with the fold turned as in the illustration. Place the needle up through the fold only. Point the needle to the left. Leave about one-fourth inch of thread to tuck under the hem. Place the needle in material, taking up a small portion (one thread, if goods is coarse, two if fine), then pass through the edge of the fold. Fasten thread by taking two stitches in the fold over the last hemming stitch and cutting the thread off close. Start a new thread by tucking under hem. Overhand end and fasten thread by sewing back over the last two stitches.



Hemming Stitch

- 8.—Remove the bastings.

PROBLEM III.—To Decorate the Towel.

1.—Simple designs and initials in outline, chain, or cross stitch may be used.

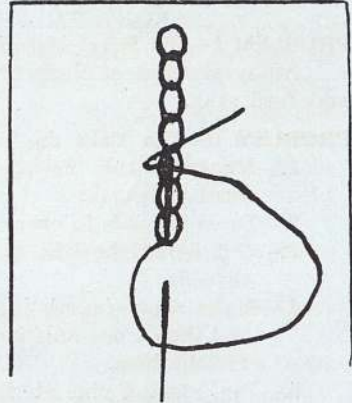
To make the chain stitch fasten the thread on the under side and bring the needle up at the end of the line. Hold the thread in place with the left thumb, put the needle back in the same hole it just came through and bring it out a short distance in advance and over the thread which thus is held down in the form of a loop or chain. Each stitch is made in the same way, one end coming out through the preceding stitch and the other held down by the next stitch.

To make the outline stitch which is made away from the worker and follows a line, hold the work over the first finger of the left hand. Point the needle toward you. The thread may be held either to the right or left of the needle, but be sure that it is held in the same way for each stitch. Insert the needle one stitch beyond the previous one and bring it out almost to meet the stitch just made. The length of the stitch will vary according to the material and design.

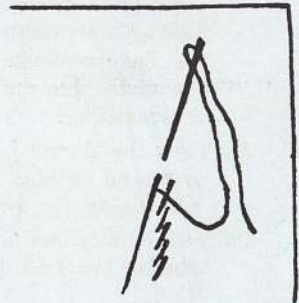
To make the cross stitch which is simply one stitch crossed over another the two occupying a perfect square, it must be worked according to the lines formed by the warp and woof threads of the material. If the threads of material are too fine to follow, cross stitch canvas may be basted on the goods and the stitches worked over and through both the canvas and material, after which the threads of the canvas may be drawn out. The stitches must always be crossed in the same way and worked in the same direction.

2.—If huckaback toweling is chosen as the material, the wrong side of the goods which has tiny pairs of raised threads running up and down may be darned with a colored thread to form a design.

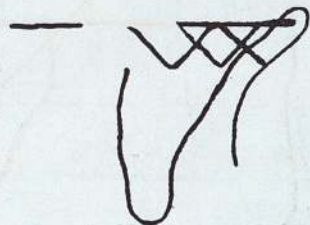
3.—Narrow tatted or crocheted edging in white crochet cotton may be neatly overhanded to the edge of the towel.



Chain Stitch



Outline Stitch



Cross Stitch

NOTE: Points of a high scoring towel:

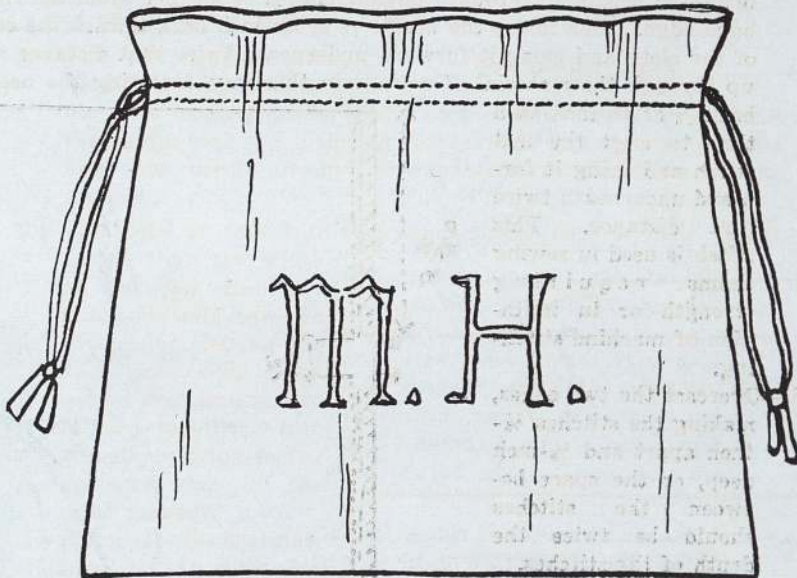
- 1.—Material that is durable and suitable for either the hand towel or tea towel.
- 2.—Even hems, ½ inch wide, overhanded at the ends.
- 3.—If decorated, white or delicate colors used.

RECORD—HEMMED TOWEL

Kind of Materials Used	Cost or Value
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.....
.....
On....., 19....., I worked..... hours.	
On....., 19....., I worked..... hours.	
On....., 19....., I worked..... hours.	
On....., 19....., I worked..... hours.	

(B) HANDY BAG

This bag may be used for soiled handkerchiefs, for hose, or other articles which are kept in the club girl's room or clothes closet.



The Handy Bag Completed

EQUIPMENT:

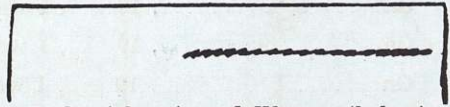
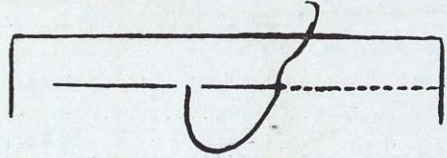
Piece of material eighteen by thirty-six inches; thread, No. 50, or 60, depending upon weight of material; needle just large enough for thread; three yards tape or cord; scissors; tape measure.

PROBLEM I.—To Select Material Suitable for the Kind of a Bag You Wish to Make.

Study samples of sateen, colored linen, denim, unbleached muslin or sugar sack died with Diamond dyes, gingham, linen, colored crash, basket weave, burlap, or beach cloth.

PROBLEM II.—To Make the Handy Bag.

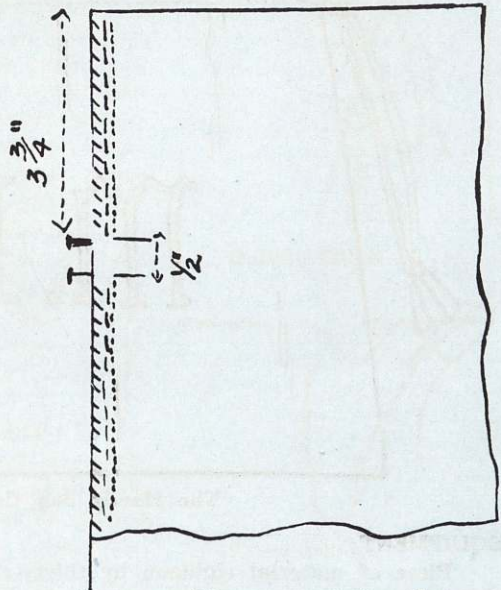
- 1.—Straighten raw edges of material by drawing a thread.
- 2.—Fold the two ends together from the top on each side $3\frac{3}{4}$ in., and mark with a pin. Put a pin in on each side $\frac{1}{2}$ inch below this mark.
- 3.—Begin at the folded end and baste with even basting $\frac{1}{4}$ inch from the edge, leaving the $\frac{1}{2}$ inch space open.



Right (above) and Wrong (below)
Side of Stitching Stitch

- 4.—Sew just below the basting, using the stitching stitch.
To make the stitching stitch or back stitch: After fastening the thread bring the needle up through the material $\frac{1}{8}$ of an inch from the right hand edge. Then insert the needle $\frac{1}{16}$ of an inch back toward the edge of the cloth and bring it forward underneath twice that distance and up through the material. Continue in this way, inserting the needle back $\frac{1}{16}$ of an inch each time to meet the last stitch and bring it forward underneath twice that distance. This stitch is used in sewing seams requiring strength or in imitation of machine stitching.
- 5.—Overcast the two edges, making the stitches $\frac{1}{4}$ -inch apart and $\frac{1}{8}$ -inch deep, or the space between the stitches should be twice the depth of the stitches.

To make the overcasting stitch fasten the thread by taking a second stitch over the first to hold it in place. Hold the work between the



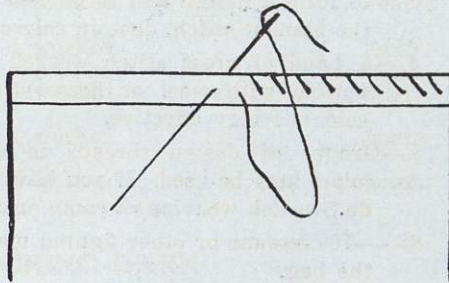
Necessary Measurements for Top
of Handy Bag

thumb and forefinger of the left hand. Point the needle toward it up through the material $\frac{1}{8}$ of an inch from the upper edge. Continue in this way, making the stitches $\frac{1}{4}$ inch apart. Keep the space between the stitches even and slant all stitches in the same direction. Several stitches may be taken at a time. This is called running overcasting.

- 6.—Finish the $\frac{1}{2}$ inch opening with a $\frac{1}{8}$ inch hem, fastening securely at the bottom of the opening.
- 7.—Make a $\frac{1}{4}$ inch fold at the top of the bag. Bring this down to the bottom of the one-half inch opening. Crease and baste into place. This makes a two inch hem. Hem with the hemming stitch.
- 8.—Measure down from the top $1\frac{1}{2}$ inches. Crease or mark with line of uneven basting stitches. Sew along this line with running stitch, fasten securely at each side. This makes a $\frac{1}{2}$ inch casing for the draw-string.

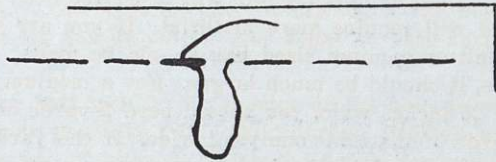
To make the uneven basting stitch: Begin as for the even basting taking stitches twice as long on one side of the material as on the opposite side

To make the running stitch: This is a very similar to the even basting stitch. Start at the upper right hand corner. Put the needle over and under as few threads at a time as possible. Then draw the needle through the material and continue in the same manner.

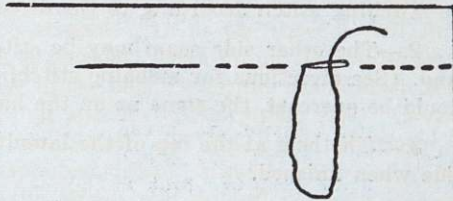


Overcasting Stitch

- 10.—Cut cord or tape into two equal pieces each a little longer when double than the width of the bag. Run one stitch entirely through the casing, letting the two loose ends come out on the same side to be tied together. Run the other string in the opposite side in the same manner.



- 11.—Remove the bastings, turn the bag right side out, and press.



Uneven Basting Stitch (above)

Running Stitch (below)

PROBLEM III.—To Decorate the Bag:

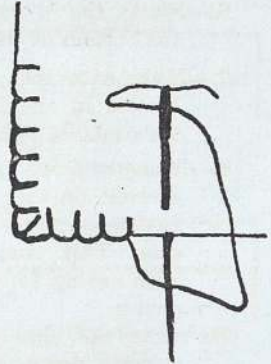
- 1.—Initials may be worked in chain or outline stitch or cross stitch.

See illustration for completed bag.

- 2.—If plain material is used, a flower or design may be cut from cretonne, basted on, and blanket stitched around with black floss.

To make the blanket stitch begin at the left hand side of the work a short distance up from the edge. Hold the thread down with the left thumb, in the form of a loop. Again hold the thread down with the left thumb. Place the needle a little distance from the first stitch and again bring it through the loop. Continue these stitches. Fasten thread with three small stitches, taking one over the other.

- 3.—Patches of colored material of contrasting colors may be basted on the plain material to form a design and to be held down with the blanket stitch, done in colored floss.
- 4.—A band of cross stitch worked across the bottom with wool or floss in contrasting colors is very effective.
- 5.—Groups of drawn threads in contrasting colors may be used. If you have learned to do Swedish weaving at camp, use this for decoration.



Blanket Stitch

- 6.—If cretonne or other figured material is used, do not try to decorate the bag.

(B) LAUNDRY BAG

If you decide that a laundry bag will be more useful to you than a handy bag, you may make a laundry bag.

Follow the same directions as given for the handy bag with the exception of the following changes:

1.—The laundry bag will of course need to be larger than the handy bag, and will require more material. If you are making it for your own room, a small or medium sized bag should be made; if you are making it for family use, it should be much larger. For a medium sized bag, 30 inches long and 24 or 26 inches wide, you should need 2 yards of material 27 inches wide, or 1½ yards of material one yard wide. If the yard wide material is used one seam may be used in the bottom and one on the side. This is done only when it means a saving of material. One side seam should be stitched by hand with the stitching stitch according to the directions given for the handy bag.

2.—The other side seam may be stitched with the machine instead of by hand. (See directions for machine stitching on pages 13 and 14). These seams should be overcast, the same as on the handy bag.

3.—The hem at the top of the laundry bag should be three or four inches wide when finished.

4.—The casing for the drawstring will probably need to be from one to one and one-half inches wide, depending upon the size of tape or cord used.

NOTE:—Points of a high scoring handy bag, or laundry bag:

- 1.—Serviceable material—good color combination.
- 2.—Seams and stitches made according to instructions given in this circular.
- 3.—A draw string that draws.

RECORD—HANDY BAG OR LAUNDRY BAG

Kind of Materials Used	Cost or Value
.....
.....
.....
On....., 19....., I worked.....	hours.
On....., 19....., I worked.....	hours.
On....., 19....., I worked.....	hours.
On....., 19....., I worked.....	hours.
On....., 19....., I worked.....	hours.

(C). STOCKING DARN

EQUIPMENT:

Cotton stocking with hole or worn place. (Do not cut a hole in a new stocking). Darning cotton in color to match. Long, slender needle with eye large enough to carry the thread easily.

PROBLEM I.—To Darn the Hole or Worn Place in the Stocking.

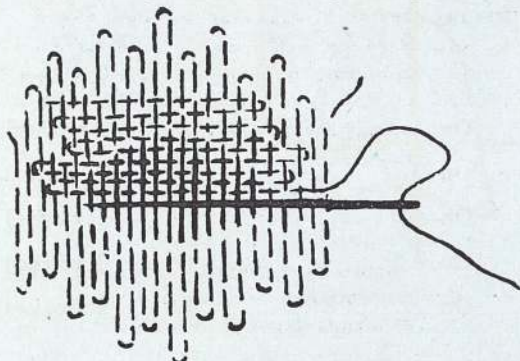
It is best to darn a hole in the leg of a stocking on the wrong side, and one in the foot on the right side. Use a darner or something with a smooth, hard, rounding surface over which the stocking may be drawn, if the hole is in the heel or toe. A hole in the leg can be placed over a flat surface such as a piece of cardboard.

Begin at the right corner one-half inch from the edge of the hole or worn place, and pointing the needle from you take two small running stitches, leaving one-half inch of thread to be cut off later. Pointing the needle toward you, make the next row three stitches, taking up the threads of the stocking that were passed over in the preceding row. Do not draw the stitches tightly but leave a small loop of one-eighth inch at each turn as the threads will shrink when washed. Repeat until the hole is reached. Take up on the needle two or three running stitches beyond the edge of the hole. Bring the needle back across the hole and take two or three running stitches on the other side. Continue making each row a little longer at the bottom and top, until the center has been reached, then decrease on the same proportion. Make the rows of stitches alternately long and short so that the strain will not all come in the same place. This also prevents a rough thick place caused by an even row of loops. If the stocking is worn thinner on one side of the hole than on the other, make

your stitches extend over the thin side as far as is necessary, and stitch only enough to hold it firm on the stronger side.

For the threads that are to run crosswise, begin one-fourth inch from the top of the hole and fill in the same way until the hole is reached. Weave these threads alternately under and over the lengthwise threads until the hole is crossed. Continue for one-half inch beyond the hole. When finished cut off the thread.

Net or stocking material may be placed under large holes and the darn made through this. Sometimes it is necessary before darning a large hole to run a fine thread around the edge of it to keep from stretching out of shape. Runs in the leg may be prevented by stitching around the top just below the hem. If a run starts, mend it by using the running stitch, being sure to catch the end of the loop that is unraveling. A long run may be mended by overhanding the edges together on the wrong side.



Stocking Darn

NOTE:—Points of a High Scoring Darn.

- 1.—A worn stocking darned—not a piece of one.
- 2.—Darn not too heavy nor thick, yet strong enough to hold.
- 3.—Darning cotton used instead of thread.

RECORD—STOCKING DARN

Kind of Materials Used

Cost or Value

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.....

.....

On, 19, I worked hours.

On, 19, I worked hours.

On, 19, I worked hours.

On, 19, I worked hours.

On, 19, I worked hours.

(D) NIGHTGOWN**EQUIPMENT:**

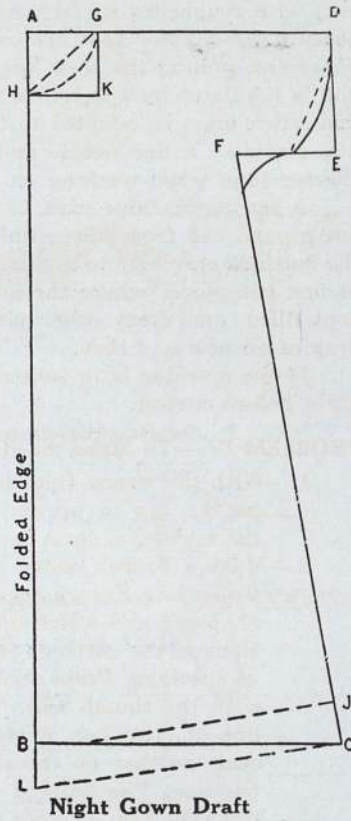
Cotton material equal to twice the length from the highest point of the shoulders to the floor plus four inches for a hem, spool white sewing cotton No. 60, scissors, thimble, needle No. 8, tape line.

PROBLEM I.—To Select the Material for the Gown.

Look at samples of cotton crepe, muslin, longcloth, cambric, outing flannel, nainsook, and bleached muslin and choose the one you think will make you the best night gown.

PROBLEM II.—To Cut Out the Night Gown.

- 1.—Straighten the ends of the material and fold selvedge to selvedge, then lay the two ends together. Pin along the selvedge edges every few inches.
- 2.—Look at the illustration and note that A is the point where the neck opening is cut. Draw a square 3 inches by 3 inches. The neck may be square, round or V-shaped.
- 3.—Measure down from point D on the selvedge edge 9 inches and make a dot at E. This equals $\frac{1}{2}$ the width of the sleeve.
- 4.—If you have material 36 inches wide measure in from E 5 inches, (for a small girl 7 inches) and make a dot at F. Connect F and E, thus making the length of the sleeve. If the material is narrow, before cutting E F be sure that the width from the center fold to under arm at F is sufficient for your size.
- 5.—Draw a line from F to the bottom of the goods C, using a yard stick or tape measure.
- 6.—Measure up from C 2 inches and make a dot at J. Connect this and the folded edge with a curved line, making the bottom of the night gown even.
- 7.—Cut the gown out carefully, following the lines as marked being sure to make a curve under sleeve at F.

**PROBLEM III.—To Use and Care for the Sewing Machine.**

When learning to use a sewing machine one should first practice "treadling." Take the band off, put the presser foot up, unthread the machine, and take out the needle. Place both feet on the treadle, start the machine by moving the balance wheel, and then try to keep the machine running with a rocking motion of the foot on the treadle.

Practice until a steady even motion is acquired. Then take a long strip of newspaper, place it between the presser foot and machine, lower the presser foot and, still without the needle, make a line as if stitching in the paper, guiding it with your left hand. When you can make a straight line, put in the needle, thread it, and try again, using a piece of striped material as a guide.

Now take the machine instruction book and study the directions for threading the upper and under thread and for starting and finishing a line of stitching. When you can stitch a nice straight line on a piece of plain goods, start to learn the use of the different attachments. The machine that you use will probably be a double thread or lockstitch with adjustable tension. The metal bars with roughened surfaces which move through an open space immediately beneath the presser foot are called the feed. The distance which these move backward, pulling the cloth with them will determine the length of the stitch and is regulated by a thumb screw on the arm. The size of the thread, needle, and stitch must be adapted to the material worked upon. To do good work on fine material, a fine needle and thread are necessary. The stitch should be shorter than when working on coarse, thick material.

A sewing machine must be kept cleaned and oiled to do good work. Clean out around the feed where lint collects, using a small, stiff brush. Examine the machine carefully to find out how to get to all the parts to clean them and to find the places where the machine may need oil. The oil holes should be kept filled, and every other place where two parts come together require a drop of oil now and then.

If the machine is in constant use, it should have a few drops of oil each night before closing.

PROBLEM IV.—To Make the Night Gown.

- 1.—With the wrong sides together, pin the edges to each other, beginning at the top to prevent stretching. Baste carefully. Slightly stretch the underarm seam in the curved portion.
- 2.—Make a French seam.
To make a French seam place the wrong sides of the material together, baste and stitch on the right side $\frac{1}{4}$ of an inch from the edge. Remove the bastings and trim the seams $\frac{1}{8}$ inch or less from the row of stitching. Press seams open flat on the right side by rubbing firmly with the thumb nail. Turn the garment, fold, and crease along the line of stitching. Baste deep enough to cover the edges of the first seam so that no threads show on the right side. Stitch and remove bastings. The finished seam should be not more than $\frac{1}{4}$ inch wide.
- 3.—Make the hem of night gown. Try on and let someone even the bottom. Crease the edge of the hem and pin. Lay the gown on the table and measure with a card board gauge the exact depth you wish the hem. Trim off any extra material, allowing one-fourth inch for turning under. Baste the hem one-eighth inch from the edge, laying fullness in small plaits. Stitch hem close to the edge.
- 4.—Finish the neck and sleeves by binding, facing, or hemming.

PROBLEM V.—To Trim the Night Gown.

- 1.—The outline, chain, blanket, or feather stitch may be used to fasten down the hems of the neck and sleeves or to outline shaped facings.

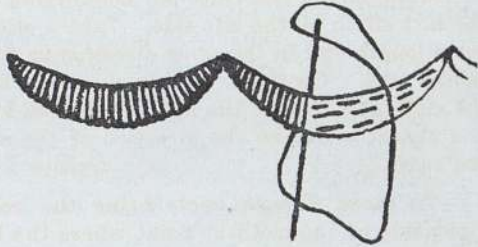
Simple designs in white or soft delicate colors may be worked on the front in outline stitch, lazy daisy stitch, French knots, or couching stitch.

- 2.—*Embroidery edging or scalloped braid edge* may be put on in the following manner: Put the right side of the trimming and the edge of the garment together. Stitch and trim the raw edges of the garment. Then turn the braid or embroidery down on the wrong side, crease, baste, and stitch flat on the lower edge.
- 3.—*To make embroidered scallops* have the design marked. Hold the lower edge of the scallop toward you. Begin at the left side and work toward the right. Do not use a knot, but run the thread through center of scallop for a few stitches and bring the needle through on the lower edge of the scallop. Hold thread down with the left thumb, put the needle in on the upper end of the scallop and bring through at an outer edge exactly beside the first stitch. Pull the thread into place and repeat, being careful that each stitch is straight up and down and very close to the preceding one.
- 4.—*Narrow lace edging or simple crocheted or tatted edges* may be attached to the hem with the overhand stitch.

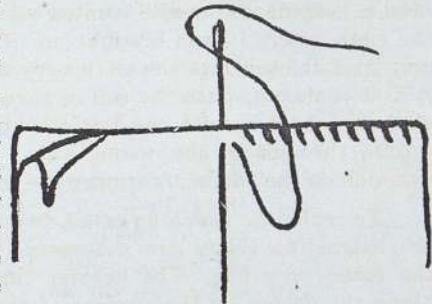
To make the overhand stitch.

This stitch is used to make a flat, almost invisible, seam; in sewing on lace; and in making French or napery hems. It consists of a small slanting stitch across the edges or folds of materials. Hold the two pieces of material over the left forefinger, keeping them in place with the left thumb and middle finger. Bring the needle up through the upper piece of cloth, sewing over the end of the thread. Continue in this way pointing needle toward the chest, bring it up through both thicknesses of cloth, sewing over the end of the thread. Continue in this way, making the stitches close to the edge and close together. Fasten the thread by sewing back over the last two stitches.

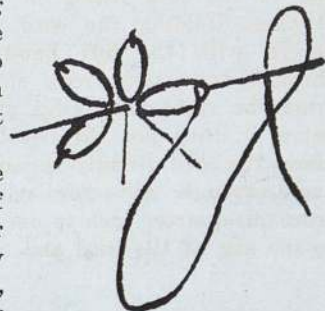
To make the lazy daisy stitch bring the needle up where you wish the center of the flower to be. Hold the thread under the left thumb, put the needle in exactly beside the hole it just came through, and bring it out at the tip or outer point of the petal over the thread, thus



Embroidered Scallops



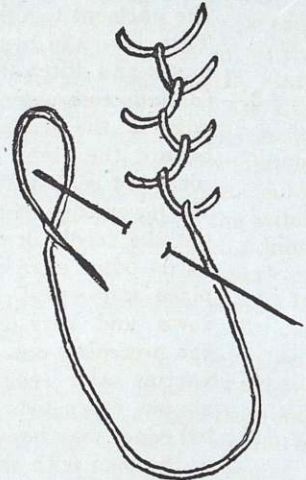
Overhand Stitch



Lazy Daisy Stitch

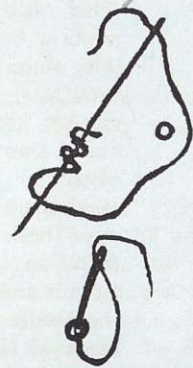
making one chain stitch. Then put the needle in again at the tip of the petal, outside the chain stitch, so as to make one stitch over the thread, thus holding the chain stitch in place. Repeat on each petal. This is a simple and easy way to work the petals of tiny flowers. One stitch makes each petal.

To make the feather stitch. The feather stitch is a variation of the blanket stitch. Each stitch is a blanket stitch worked first on the right of the line to be followed and then on the left, again on the right and so on to completion. Bring the needle out at the upper end of the line to be followed and just to the left of it. Hold the thread with the left thumb, put the needle in one-eighth inch or less in length, pointing the needle slanting toward the line. Throw the thread to the left. Insert the needle to the left of the place where the thread last came out and directly under the last stitch on the left side. Take a stitch the same length and in the same direction as the preceding one. Continue, taking a stitch first to the right and then to the left, keeping all stitches and spaces even and the direction of the stitches the same.



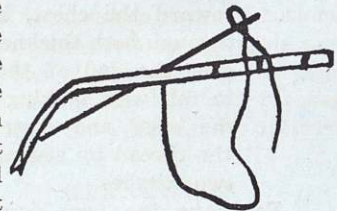
Feather Stitch

To make French knots bring the needle up to the right side of the cloth at point where the knot is desired. Then hold the thread near the material with the left hand and wind it one or more times around the point of the needle, keeping the needle pointed away from the place in the cloth where it was brought up. Then turn the needle and stick it back into the cloth very near the place where it first came out, push the coil of thread down close to the cloth and hold it with the left thumb while you pull the needle through to the wrong side. The coil of thread remains on the surface, forming the knot.



French Knots

To make the couching stitch two threads of the same or contrasting colors are necessary, one very heavy and the other very fine. The heavier thread or cord is laid along the design on the surface of the material and fastened to it by stitches of the finer thread. Sew the end of the cord firmly in place with invisible stitches. Holding the cord in place along the design with the left hand, bring the needle through from the wrong side, one-quarter inch from the right hand edge of the cord and just below it, then put the needle into the material above the cord directly across from where it last came through, move forward as far as directed, from one-quarter inch to one-half inch according to the size of the cord and the thread used, and repeat stitch as before.



Couching Stitch

NOTE:—Points of a high scoring night gown:

- 1.—Material well chosen—not too thin; preferably white instead of a color.
- 2.—French seams narrow and neat.
- 3.—White or very small amount of color used in decorating gown.

RECORD—NIGHT GOWN

Kind of Materials Used

Cost or Value

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.....

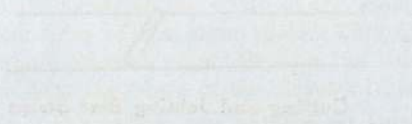
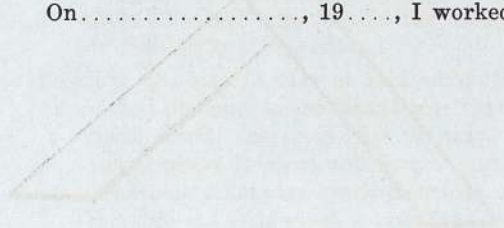
.....

On, 19...., I worked hours.

On, 19...., I worked hours.

On, 19...., I worked hours.

On, 19...., I worked hours.



(E) APRON**EQUIPMENT:**

(For girl ten years old). Cotton goods 36 inches wide, 1½ yards

(For girl sixteen years old). Cotton goods 36 inches wide, 1¾ yards.

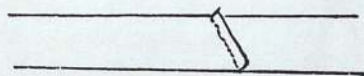
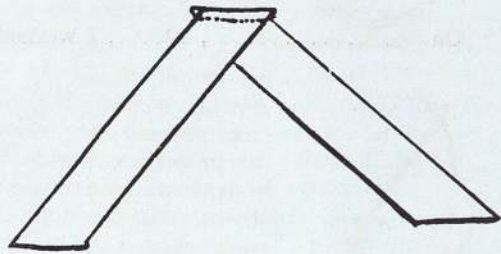
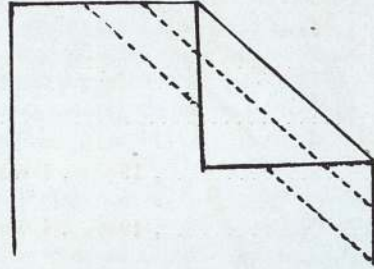
Spool white cotton thread No. 60, needle No. 8, scissors, thimble, tape line, and two white pearl buttons. Pattern.

PROBLEM I.—To Select Suitable Material and Decoration for Your Apron.

Study samples of percale, long-cloth, dimity, gingham, chambray, calico, muslin, and flaxon. Note strength, firmness of weave, shrinkage, loss of color, sizing, and cost. Which one of these will make you the best apron?

You may finish your apron with a narrow hem, bind it with bias binding, or finish it with fancy braid.

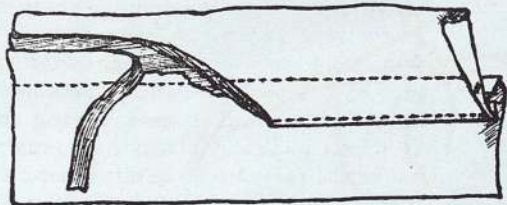
The hem may be held down with a blanket stitch or outline stitch. The commercial bias binding folded in the center and pressed with a warm iron, basted around the apron and stitched once, makes a very neat and serviceable finish. If you have learned to use the binder attachment on the sewing machine, put the bias binding on with it.



Cutting and Joining Bias Strips

PROBLEM II.—To Make the Apron.

- 1.—Shrink and iron material. To shrink the material: Leave the material folded, and dip in hot water. Leave it in the water until it becomes cold, or dip the material from the hot water to a pan of cold water. Do not wring nor twist the material. Remove it from the water,



The Felled Seam

still folded, let it drip, then place on drain board or table and with the hand press and rub out as much of the water as possible. Hang up to

dry. When treated in this way the material does not become so wrinkled and lose its shape as when unfolded, twisted, or wrung.

- 2.—Pin the pattern on the material, placing D, D, on a lengthwise fold, and cut. Place the edge C, C, on a lengthwise fold, an allowance of $\frac{3}{8}$ -inch being made for the shoulder seam, and cut.
- 3.—Baste the shoulder seams together, and make flat felled seams.

To make a felled seam, put the two right sides together and stitch on the wrong side, about $\frac{1}{8}$ -inch of the seam, leaving the back $\frac{3}{8}$ -inch $\frac{1}{8}$ -inch of the seam, leaving the back $\frac{3}{4}$ -inch from the seam. Turn down the back $\frac{1}{8}$ -inch, and fold over on the front, baste in place and stitch. This makes a smooth neat seam $\frac{1}{4}$ -inch wide.

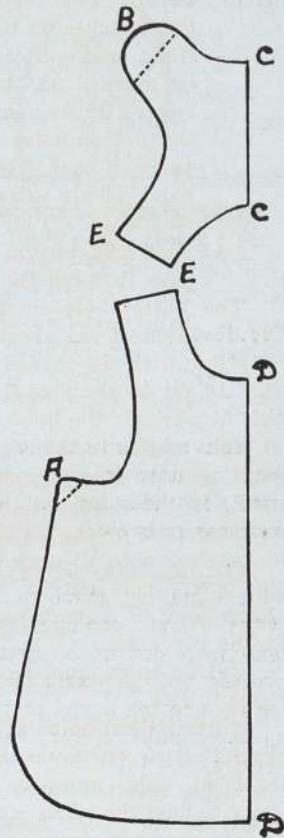
- 4.—Cut double points at A and B for buttons and button holes.
- 5.—Fold and baste a $\frac{1}{4}$ -inch hem around the apron, inserting the extra pieces at A and B and basting in place. Stitch.
- 6.—Make a $\frac{1}{8}$ -inch hem around the neck opening or face with a bias strip.

To make the bias facings or folds fold the material at one end so the lengthwise threads are parallel with the cross-wise threads. The selvedge where it turns will form a right angle. Crease or otherwise mark this fold, then cut through it. This gives a true bias edge.

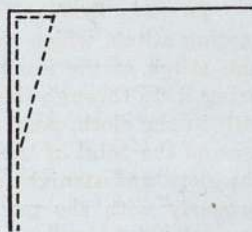
To join the bias strips, place them together so that the sides are together and they form a right angle. Let the points of one piece extend exactly the width of the seam beyond the sides of the other piece. This forms an angle on each edge. Sew on the line connecting these angles. If this is done the edges of the strips will be on a line when opened out.

- 7.—To make pocket, pin pattern on lengthwise fold of the goods and cut. There are several ways of finishing the pocket at the top. It may be hemmed with a $\frac{1}{2}$ -inch hem, bound, or faced on the right side. Turn edge of the pocket $\frac{1}{4}$ -inch, baste on the apron and stitch around it, re-enforcing the corners as shown in the illustration. To make the corner of the pocket strong, stitch across top a few stitches, and then diagonally across as illustrated, back down to side seam.

- 8.—Sew buttons at points A. Conceal the knot of the thread (which should be doubled) under the



Pattern for Apron



Corner of Pocket

button. Place a pin on top of the button and sew back and forth over it. Remove the pin. Wind thread two or three times beneath the button. This forms a neck for the button hole. Fasten thread by taking two stitches on top of each other on right side under the button.

- 9.—Make button-hole at points B. The position of the button-holes should be marked on the garment with a pin or basting thread. Give due regard to the opening between the button-holes and the distance of each from the hem or band. This size should be about $\frac{1}{8}$ of an inch larger than the button which is to pass through the hole.

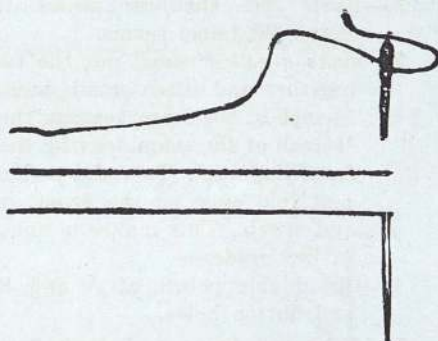
The button-hole should be cut in the direction of the greatest pull, and on a line with the thread of the material. If cut on the bias it is very difficult to work. If the holes are to be cut at right angles to the edge of the garment, button-hole scissors may be used. If these are not available, the extreme ends of the button-holes may be marked with a large pin hole and the button-hole cut by inserting the sharp point of a small pair of scissors in the pin hole.

Button-holes must be worked from right to left.

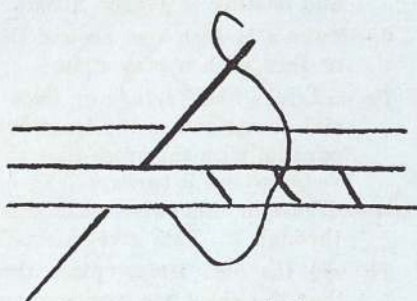
Since button-holes are always cut through two or more thicknesses of material, they must be overcast in order to hold the edges evenly together and to prevent fraying while being worked.

Hold the slit diagonally across the first finger of the right hand end of the button-hole, insert the needle between the two layers of cloth and bring it out exactly below the end of the slit. From three to five over-casting stitches should be made on each side of the button-hole according to its length. The last over-casting stitch will be exactly opposite the first.

To make *Button-Hole Stitch*, bring the needle through below the first over-casting stitch, which should bring the thread into position for the first button-hole-stitch at the inner end of the slit. Pass the needle through the slit and bring it up through the cloth exactly beside the last stitch. While the needle is still in the cloth, pass the double strand of thread from the eye of the needle around the point of the needle from right to left. Then pull the needle through the cloth and straight up from the edge of the slit in order to place the stitch properly with the purl or twist right on the raw edge of the cloth, being careful not to pull the thread too tight. Repeat the button-hole stitch until the first side has been worked.

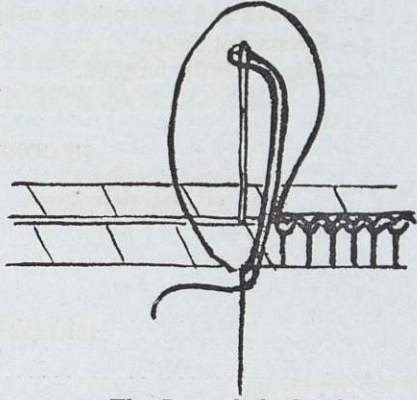


Stranding Buttonhole



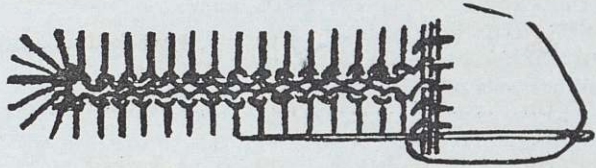
Overcasting Buttonhole

To make *Fan End*, the outer end of the button-hole may be finished as a fan by continuing the button-hole stitches around the end (usually 5 or 7 to complete the turn), letting the purl of each stitch lie very close to the preceding one in the end of the slit and the other ends of the stitches radiate from the end of the button-hole like the sticks of a folding fan. The center stitch should extend out from the end of the slit. Now the button-hole stitch must be continued along the second side of the button-hole toward the inner end which may be finished with a bar or another fan.



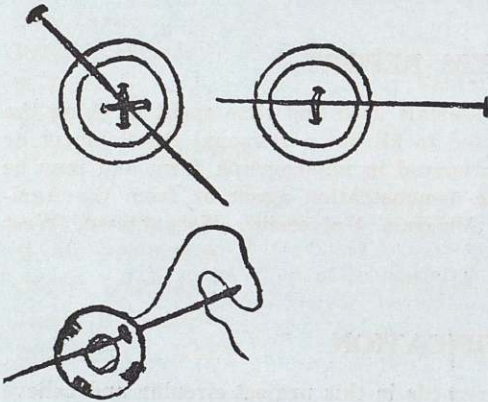
The Buttonhole Stitch

To Make *Bar End* when the last button-hole stitch has been made, bring the needle through as if for another button-hole stitch, and make the slit. Make two or three stitches straight across the end of the slit exactly on top of each other, then turn the button-hole around so it lies straight across the first finger and work tiny blanket stitches over the long



Finishing the Bar End

stitches just made. The purl of the blanket stitch is toward the button-hole. Catch each stitch in the cloth behind the bar and work stitches closely enough to cover the bar completely. Fasten the thread by running it back under the stitches on the wrong side of the work.



Sewing on Buttons and Snaps

NOTE:—Points of a high scoring apron.

- 1.—Material—durable and easy to launder; preferably light in color.
- 2.—Buttons and button-holes used for fastenings.
- 3.—Seams flat felled.
- 4.—Edges neatly finished.

RECORD—APRON

Kind of Materials Used	Cost or Value
.....
.....
.....
On, 19...., I worked hours.
On, 19...., I worked hours.
On, 19...., I worked hours.
On, 19...., I worked hours.

PROGRESS REPORT

In addition to the records of materials used and time spent in doing the work of this project, you are expected to fill out a Personal Development or "Progress Report." This has been prepared in mimeograph form and may be obtained from your county or home demonstration agent or from the Agricultural Extension Division, West Virginia University, Morgantown, West Virginia.

CERTIFICATION

We have carefully checked the records in this project circular and believe that they are correct.

.....
(Club Member)	(Club Leader)
.....
(Post Office)	(County)

COOPERATIVE EXTENSION SERVICE AGRICULTURE AND HOME ECONOMICS

College of Agriculture, West Virginia University, and
United States Department of Agriculture Cooperating

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EXTENSION DIVISION, COLLEGE OF AGRICULTURE
WEST VIRGINIA UNIVERSITY, MORGANTOWN
NAT T. FRAME, Director

Cooperative Extension Work in Agriculture and Home Economics, United States
Department of Agriculture Cooperating

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